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American Red Cross
Oregon Trail Chapter

FIRST AID, ADULT CPR + AED Certification

The objective of this class is to give individuals in the workplace the knowledge and skills necessary to recognize and provide basic care for injuries, sudden illnesses, breathing and cardiac emergencies until advanced medical personnel arrive and take over.

Class Content:

- ◆ Learn how to recognize and handle an emergency.
- ◆ Learn how to check the scene for safety and the victim for consciousness.
- ◆ Learn when and how to move a victim from a dangerous scene.
- ◆ Describe when to call and how to interact with Emergency Medical Services (EMS).
- ◆ Learn why and how to apply basic precautions to reduce the risk of disease transmission during and after providing care.
- ◆ Learn how to prioritize care for life-threatening injuries or sudden illnesses, and how to check a conscious victim for life- and nonlife-threatening conditions.
- ◆ Learn how to recognize and care for a victim of sudden illness.
- ◆ Learn how to care for different types of wounds, including burns and bleeding.
- ◆ Learn how to recognize and care for a victim of a heat- or cold-related emergency.
- ◆ Demonstrate how to control external bleeding.
- ◆ Demonstrate how to recognize and care for muscle, bone, and joint injuries, including injuries to the head, neck, and back.
- ◆ Learn how to recognize the signals of a heart attack and how to give care.
- ◆ Learn how to care for a victim who is having a breathing emergency.
- ◆ Learn how to give CPR to an adult.
- ◆ Learn the basics of automated external defibrillation (AED), including rationale for early defibrillation and the role of CPR in cardiac arrest situations.

Class Fee: \$48

Certificate Validity: First Aid 3 years, CPR+AED 1 year

Tuesday, Feb. 14th

8:30 a.m. – 3:45 p.m.

Green-Wyatt Federal Bldg.
1220 SW 3rd Ave., Rm G70
Portland, OR 97204

Wednesday, Feb. 15th

8:30 a.m. – 3:45 p.m.

American Red Cross, Willamette Chapter
675 Orchard Heights Rd. NW, Suite 200
Salem, Oregon 97304

To register, go to www.oregon.feb.gov

"ReadyFeds" is a program of the Oregon Federal Executive Board
1220 SW 3rd Ave., Suite 1776, Portland, OR 97204
Ph: 503-326-2060 jsargent@pcezb.com www.oregon.feb.gov

